

**ABSTRACT**

A body harness for carrying a long gun is disclosed. The body harness includes a first strap and a second strap and may be worn in a backpack configuration or in a single shoulder configuration. A first attaching device is coupled to the first end of the first strap to attach to the forward portion of the long gun. A second attaching device is coupled to the second end of the first strap to attach to the butt portion of the long gun. The body harness also includes a first buckle member slidably mounted to the first end of the first and second strap, and a second buckle member slidably mounted to the second end of the first and second strap and therefore adjustably couples the first strap to the second strap. Additional buckle members are also included to enable additional adjustments of the body harness.